

Meg Ryan and John Mellencamp Split After Three Years Together



By Ann Luther

After more than three years together, Meg Ryan and John Mellencamp have ended their relationship. Ryan has been living in New York, while Mellencamp has been staying on a farm in Indiana. A source tells UsMagazine.com that “the distance got to be too much” for the couple. Best of luck to both of them as they go their separate ways!

What are some ways to cope with long distance in your relationship?

Cupid's Advice:

Even the best couples can be broken up by distance. You expect so many things from a relationship that you simply cannot get when you're far away from your love. Plus, your partnership loses an amount of intimacy that can mean doom. However, distance doesn't always mean the end, so here are a few ways to help:

1. Video chat: Face-to-face communication is crucial to surviving a long-distance relationship. So much can be lost over texts or even phone calls. Tone, intentions, facial expressions, and body language are all key to fully understand what and how your partner is feeling. Video chat isn't the same as being in-person, but it's a step in the right direction!

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2. Send each other mementos: Leave something behind for each other...preferably something that can be cuddled. A teddy bear sprayed with his cologne will get you through those long, lonely nights. Having something to be able to physically touch when you can't touch your guy will aid in taking a bit of the edge off.

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3. Be sure to know each other's schedules: Send each other your schedules and include time differences if you're separated by time zones. Knowing when the other is available for when you need or want them is unparalleled in comfort and security. If you know he's at the gym until 6 p.m. every night, then you won't be worried that he's ignoring your messages. You may not be able to actually participate in your partner's activities, but this little step will make you feel like a bigger part of their life.

How have you coped with a long-distance relationship? Share in

the comments below.